

# Kid's Activity Pyramid

Each week you can have fun and be active by trying the following things...

## With Friends ...

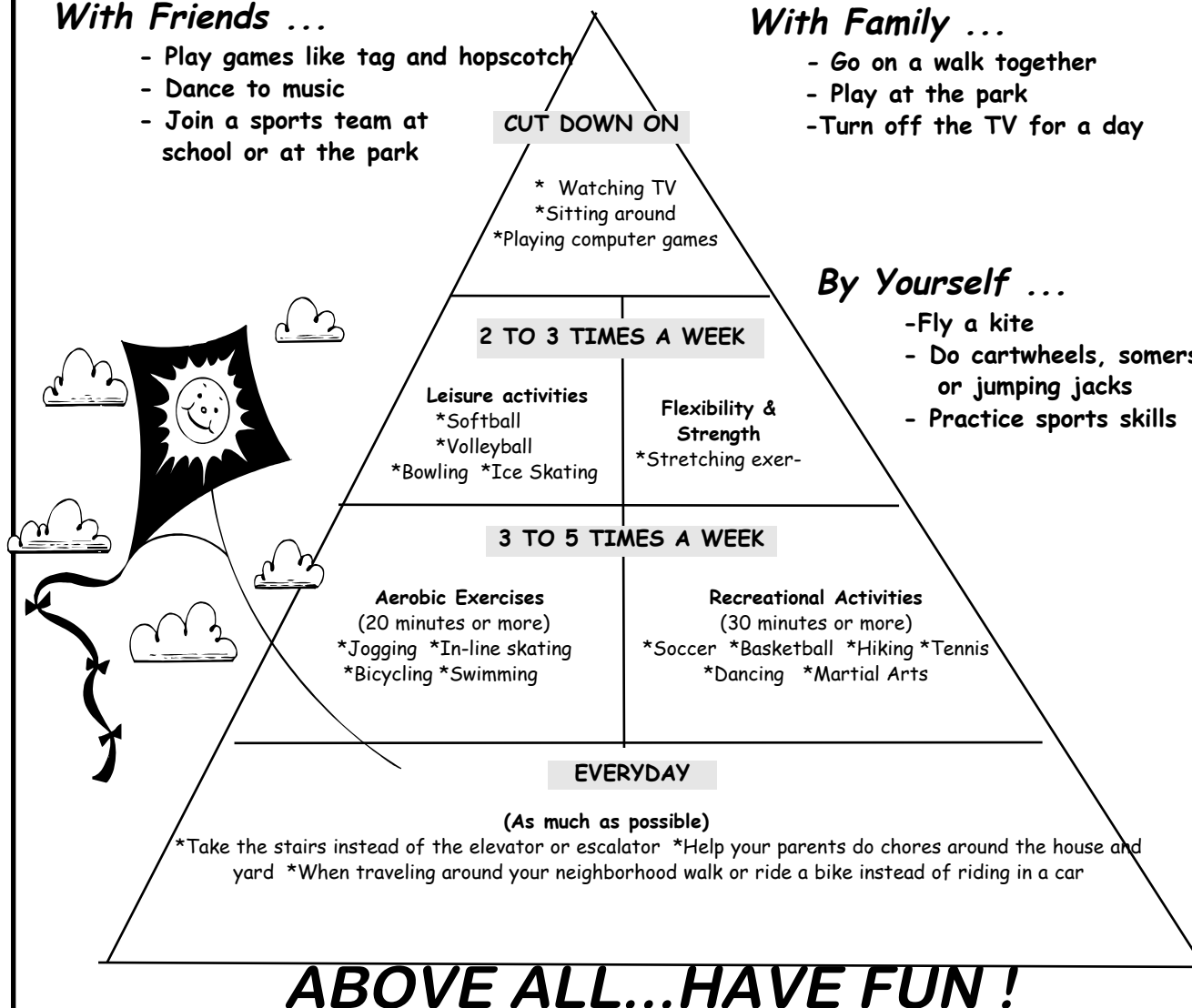
- Play games like tag and hopscotch
- Dance to music
- Join a sports team at school or at the park

## With Family ...

- Go on a walk together
- Play at the park
- Turn off the TV for a day

## By Yourself ...

- Fly a kite
- Do cartwheels, somersaults or jumping jacks
- Practice sports skills



## Playing it Safe

Every game has rules, but these apply to all fun and games! Follow them, and you'll reduce your chances of being benched with injuries!

- 1 Warm-up and stretch before any sport or exercise so you don't pull a muscle.
- 2 Drink plenty of fluids when you play hard.
- 3 When you are out playing, don't forget the sunscreen.
- 4 Be extremely careful of cars when biking or blading in the street.
- 5 Always wear the proper gear for each sport or activity.
- 6 If you are out at night, wear something that is reflective.
- 7 When you are swimming, look before you leap.
- 8 When you are playing on jungle gyms or other climbing equipment, make sure that there is a padded mat underneath.
- 9 Don't push yourself to play hard when you feel tired or sick.
- 10 Never take illegal drugs or drink alcohol ..... especially before playing a sport.

